BENGALURU, MONDAY, JUNE 13, 2022 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 29 | Min 20 | Humidity 72% Generally cloudy sky Sensex 54,303 | Nifty 16,201 | Gold 51,694 | Silver 61,920 | Dollar 78.14 | Euro 82.21 | GBP 96.25

PAGE 7

Uncleared silt from Gowdanakere in Uttarahalli poses health hazard in the vicinity amid rampant garbage dumping on lake bed

HOW NOT TO DESILT A LAKE

Silt has fecal matter, chemicals, other toxins

Shreyashi Mukherjee
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

RAGHAVENDRA B PACCHAPUR

In an effort to restore the beauty of Gowdanakere, in Gowdanapalya, Uttarahalli Hobli, the Bruhat Bengaluru Mahanagara Palike had started the process of rejuvenating the lake.

In the last few months, however, the revival work had come to a halt. But lake silt containing fecal matter, chemicals, and other hazardous substances were left unattended in the waterbody's vicinity.

Now, this has become terribly inconvenient for life as it were around the lake.

Raghavendra B Pachhapur of the not-for-profit ActionAid, had visited the lake premises in the month of April. What he saw was heaps and heaps of desilted soil discarded next to the lake.

"As the silt from the lakebed contains a high level of nutrients, it needs to be dealt with responsibly. Not disposing of the silt on time is a mistake; it could have been cleared at the least when it was brought to the authorities' notice in April. The authorities responsible should put all efforts to clear the silt

CONTINUED ON PAGE 6 »

> **"Silt should not be kept near the lake for long as it contains many pollutants; it would end up further polluting the waterbody.** — Raghavendra B Pachhapur, ActionAid

BBMP readies geofence, 36 parks

Civic body to do GIS mapping of its properties as 36 new parks take shape near lakes

Sridhar.Vivan@timesgroup.com

TWEETS @sridharVMIRROR

The biggest challenge for the Bruhat Bengaluru Mahanagara Palike (BBMP) is to protect its properties. In fact, a few of the properties have been 'encroached' by tampering the documents.

So the civic agency has now decided to go for Geographic Information System (GIS) mapping of its properties. Officials believe this will be a foolproof method for assessing property value besides scientifically storing location and property details.

As of now, BBMP owns 6,215 properties in its limits. So far, the civic agency has leased 324 properties and the lease agreements have expired for 163. There are processes of extending a few lease agreements; proposals have been sent to the state government for the same. Meanwhile, lease agreements have been revoked in case of some properties.

"As new areas were added to the BBMP's ambit, the civic agency is still in the process of acquiring possession. A survey is to be undertaken of all the BBMP properties with geo-coordinates. Though the property documents have been computerised, we plan to do a GIS mapping for accurate information," said BBMP special commissioner (estates) Ram Prasath Manohar V.

Manohar said there were plans to hire

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Musical Remedy

Nothing soothes the soul more than music, and this summer Ranga Shankara is bringing a full-time orchestra called NCPA's Symphony Orchestra of India to Bengaluru. The orchestra will perform the overture to Mozart's comic opera The Marriage of Figaro and Beethoven's "Pastoral" Symphony under the baton of resident conductor Mikel Toms. For the younger audience the orchestra will perform a 'Young people concert' which will be a blend of education and entertainment.
Where: Ranga Shankara; When: June 17 and 18; 7.30 pm; Tickets: bookmyshow.com and Ranga Shankara Box Office

02 Bibliophiles welcome

Hear ye! Hear ye! This is a call for all book lovers. Bookchor is hosting a book fair called 'Lock the box'. Booklovers will have to pay one time for a box and can fill the box with as many as they can. There are more than one million books to choose from giving a golden opportunity to buy as many books as they want.
When: June 25- July 3; 10 am -7 pm
Where:Shubh Convention, Puttenahalli;
Entry: Free

03 Food fair

Stepping out food is bringing to Bengaluru a paradise for foodies. With over 30+ food brands to discover this food fest is sure to please your taste buds. The event will also have live music, fun filled activities and much more. Step out of the house if you're looking for a day full of good food and great music. **When: June 18; Where: JW Marriott Bangalore; Tickets: https://insider.in/steppinout-food-festival-bangalore-jun18-2022/event**

A match made in heaven

Cricket fans line up in front of Chinnawamy stadium to buy tickets for the India vs South Africa T20 match slated for June 19. Some enthusiasts had to wait for more than three hours, but all the annoyance was gone when the tickets came in their hands

An ear on the ground, to listen to grievances

After session in Mandya, Upa Lokayukta plans to have meets at different district headquarters so victims don't have to come all the way to B'luru

Y Maheswara Reddy
c-maheswara.reddy
@timesgroup.com
TWEETS @BangaloreMIRROR

Karnataka Upa Lokayukta seems set on taking justice closer to the victims of injustice rather than making them come all the way to Bengaluru to get it.

He wants to ensure that their grievances are redressed at their district headquarters. To begin with, Upa Lokayukta Justice KN Phaneendra had a session in Mandya.

"We organised a meeting in Mandya during the first weekend of this month. We advised the people from Mandya who had lodged complaints with us to attend the meeting. We solved around 40 personal complaints of the 70 we had received, during the meeting. It was possible because we have advised the officials concerned about the meeting to be held in Mandya and advised them to come with the action taken report on the complaints," Justice Phaneendra told Bangalore Mirror.

He said most complaints were related to the delay in getting a document from a department or delay in getting pension and other benefits from the government.

The Upa Lokayukta has decided to hold similar meetings at one or two district headquarters in a month especially during the first or third weekend.

"My aim is to select two districts every month for holding meetings. Conducting meetings or organising camps at district headquarters in the first or the third weekends for three days will enable all the officials concerned to attend the meetings," he said.

Upa Lokayukta KN Phaneendra and officials interact with students at the Government Girls Hostel in Mandya

> **"My aim is to select two districts every month for holding meetings**
> – Justice KN Phaneendra

For the love of a crisp dosa

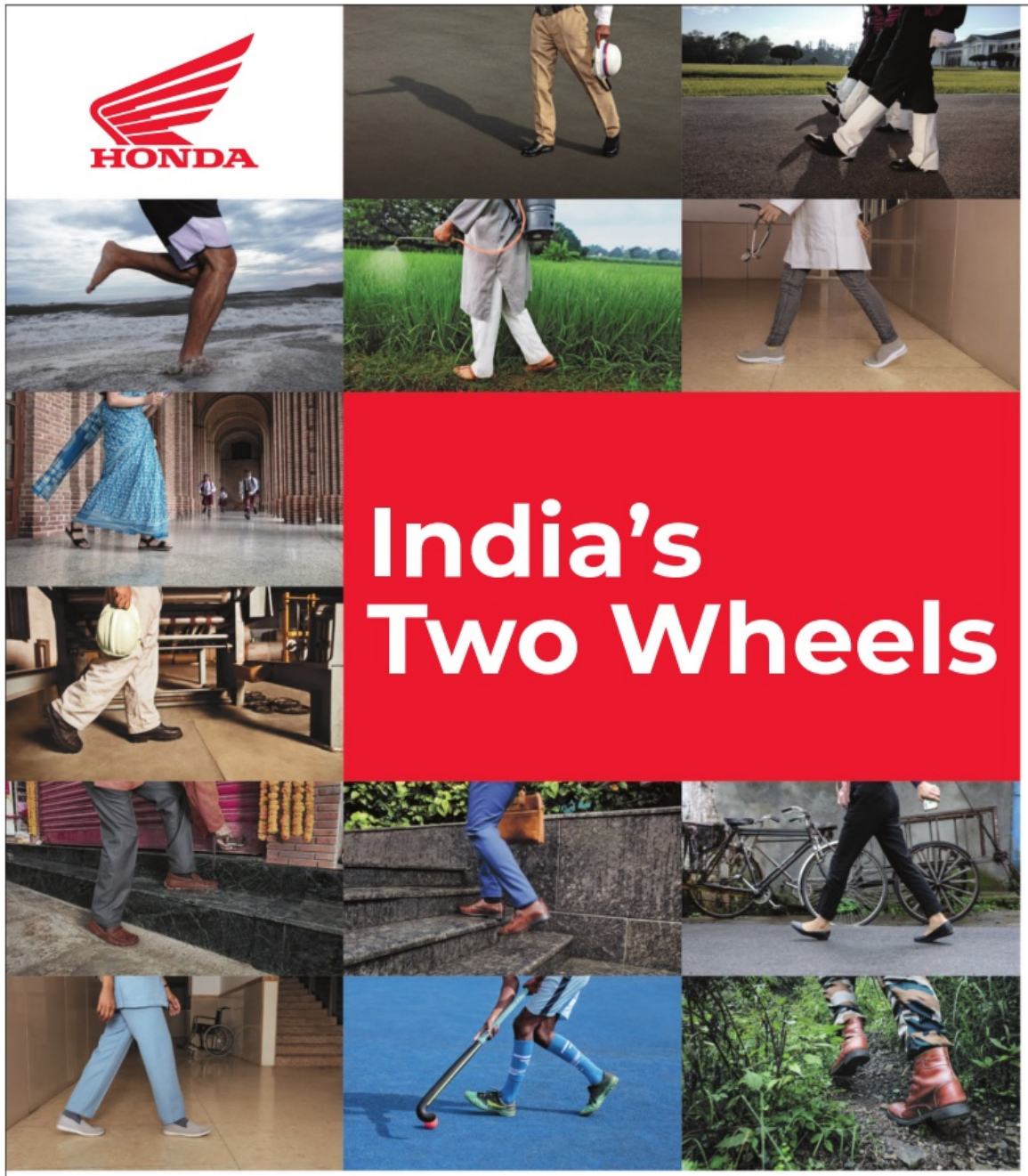
The Upa Lokayukta did receive a peculiar complaint from the students staying in a Government Hostel for Girls in Mandya. The students told the Upa Lokayukta that all was fine at the hostel except dosas. They complained that having dosas for breakfast as well as lunch is too much for them. Dosas are served for breakfast on Wednesday at the hostel and the girls have to carry dosas for lunch to the college. "They complained to me that dosas lose crispiness by noon and they find it difficult to eat up. They requested me to direct the hostel warden to shift Wednesday's menu for breakfast to Saturday. I obliged them but came to know that the hostel warden needs the Commissioner's permission to change the breakfast menu," said the Upa Lokayukta with a smile.

Lack of awareness on the jurisdiction of Lokayukta or Upa Lokayukta is the other issue that needs to be tackled for the benefits to seep in. Karnataka State Legal Services Authority (KSLSA) issued a circular on May 27 directing all member secretaries of District Legal Services Authority and Taluk Legal Services Committee to coordinate with Karnataka Lokayukta officials at district and taluk level to create awareness among the general public about the Karnataka Lokayukta Act, 1984.

Coordination

It has also directed member secretaries to assist in the redressal of grievances of public and any other similar purpose, as and when required by the Lokayukta so that the access to justice for all is achieved.

"This coordination will help Lokayukta in monitoring officials who are bound to redress the grievances or submit action taken report. With this, apart from Lokayukta officials from Bengaluru and the Lokayukta police at the respective district headquarters, Legal Services Authority officials will also interact or correspond with the officials on the progress of action taken report," said Justice Phaneendra.



HONDA

India's Two Wheels

ACTIVA

We, the people of India, never give up, never back down,
we believe in moving forward. This is why our country is standing
up on its feet again. So let us all become the two wheels of India
and show the world that our country is not just rising up
but also flying with its wings wide open.
You and Activa, India's Two Wheels.

CASHBACK UP TO	LOW DOWN PAYMENT	RATE OF INTEREST
₹5000#	₹5999*	8.99%*

joyclub

For dealer details, WhatsApp on 7230032200 or scan the QR Code

For more information, give a missed call on 7230032200.

BOOK ONLINE NOW!
www.honda2wheelersindia.com

CLICK BOOK RELAX
Honda 2Wheelers
BOOK NOW

#Cashback offer mentioned is 5% Cashback up to Rs. 5000 on minimum transaction of Rs. 30000, applicable only on EMI transaction via select Credit Cards as per Card Issuers/banks policy, once per card during the offer period. Offer validity 1st Apr'22 to 30th Jun'22. *Finance Scheme offers are available through select preferred finance partners on select models for select profiles of customers at their sole discretion and are subject to Finance Company Policy. Schemes available at select Dealerships till 30th June'22 only & can be withdrawn at any time without prior notice. No two offers can be clubbed together. The images of various professions used in the creative are for representation purpose only. Product shown in the picture may vary from the actual product available in the market. Accessories shown in the product are not part of the standard equipment.

Honda Motorcycle & Scooter India Pvt. Ltd., Registered Office: Plot No. 1 , Sector - 03, IMT Manesar, Distt. Gurugram, (Haryana) - 122050, India; **Website:** www.honda2wheelersindia.com; **Customer Care:** customercare@honda2wheelersindia.com

Honda Exclusive Authorised Dealerships: Ananda Honda - **BOMMANAHALLI:** 9738074162; **HEBBAGODI:** 9738074162; **SARJAPUR RD:** 9738074162; **JIGANI:** 9738066600; **HOSA ROAD:** 9738066600; Anekal Honda - **ANEKAL:** 080-27830234, 9880417779; City Honda - **ST. JOHNS ROAD:** 25320623, 9480812350; **H.R.B.R:** 41614777, 9845941305; **FRAZER TOWN:** 9480812353; **LALBAGH:** 9480812397; Haiku Honda - **DOMLUR:** 49656565, 9342432156; **INDIRANAGAR:** 9343796289, 080 - 41133737; Dhruvdesh Honda - **MEKHRI CIRCLE:** 40500700, 9972237311; **THANISANDRA (NAGAWARA):** 7353030333; **YELAHANKA:** 40551122, 9343968407; **VIDYARANYAPURA:** 8150866333, 8152866333; Planet Honda - **RAJAJINAGAR:** 08068898888, 9980927735; **PEENYA:** 08068898888, 9980927730; **SUNKADAKATTE:** 08068898888, 9980927728; **BASAWESHWAR NAGAR:** 08068898888, 9980927726; Raja Honda - **KORAMANGALA:** 08067329000,9035310055; Prime Honda - **VIJAYNAGAR:** : 080 - 23010300, 8050503111; **NAGARBHAVI:** 080-23010700, 8095778000; **KAMAKSHIPALYA:** 080-23019700, 7829900444; Silicon Honda - **RV ROAD:** 26574467/68, 9844502222; **BANSHANKARI:** 9844502444, 8722279009; **R.R. NAGAR:** 9964388333, 9071174800; **MONOTYPE:** 7353744400, **JAYANAGAR:** 8722801626; Saphire Honda - **JP NAGAR:** 7026000002; **BANNERAGHATTA RD:** 08068818881; **BTM LAYOUT:** 7353252007; **KANAKAPURA RD:** 08068818881; **PUTTENAHALLI:** 08068818881; **GOTTIGERE:** 08068818881; VFM Honda - **KR PURAM:** 49499299, 9071858885, 9071858881; **HENNUR ROAD:** 9108989817, 9108989818; Tansi Honda - **HOODI:** 080-45510000, 7259030091; **MARTHAHALLI:** 080-67166600, 7259030093; **VARTHUR RD:** 8105597877, 9686573013; **GUNJUR:** 9606450642, 9606450641; Turbo Honda - **DODDABALLAPURA:** 7022620885; **NELAMANAGALA:** 080-27722333, 7022008894; Wings Honda - **HOSKOTE:** 7676907272; **MALUR:** 7676155600; **TC PALYA:** 9590815959; Sri Kausthub Honda - **KOLAR:** 9900018515, 9900018516;; **KGF:** 08153-266606, 9900092115; **MULBAGAL:** 9008941044; **SRINIVASAPUR:** 8495956515; Namma Honda - **CHIKKABALLAPUR:** 9606060610, 9900071211; **CHINTAMANI:** 9606060620, 9606060690; **BAGEPALLI:** 9611596112, 9611596110; Shankar Honda - **GOWRIBIDANUR:** 9900007422/33; SLN Honda - **SHIDLAGATTA:** 9986160961; Century Honda - **TUMKUR:** 08162261939, 9620263388; **SIRA:** 9620267057, 9538392767; **GUBBI:** 9620267051; Shantinath Honda - **TUMKUR:** 08162279969, 9449334359; **KUNIGAL:** 7022276603; **KUNIGAL ROAD:** 9844351599, 9844351399; **KORATAGERE:** 9606955149; Honey Honda - **PAVAGADA:** 9535941215; Annapoorna Honda - **MADHUGIRI:** 9886627429; Vignesh Honda - **TIPTUR:** 9886711161; **TURUVEKERE:** 9448214014; Sri Srinivasa Honda - **CHIKKANAYAKANAHALLI:** 8722522221; Prestige Honda - **RAMNAGARA:** 9606490030; **KANAKAPURA:** 9606036053; ART Honda - **BIDADI:** 9945966771, 9164871007; Springs Honda - **KENGERI:** 9513771114; Nideesh Honda - **DEVANAHALLI:** 9108871999, 9686608579; **VIJAYAPURA:** 9108871999, 9731414444.

For Bulk/Institutional enquiries, please write us at: institutionalsales@honda2wheelersindia.com

MIRROR AUTO
CONSUMER CONNECT INITIATIVE

PHOTO: GETTY IMAGES

DRIVING HATCHBACKS

HATCHBACKS ARE THE PREFERRED CAR FOR THOSE WHO ARE LOOKING FOR COMPACT SIZE, EFFICIENCY AND BOOT SPACE

Unique.Pattnaik
@timesgroup.com

Owing a car means different things to different people. For many, it is just a means of transport, for others, it is a status symbol, and social authority and for many others it's a dream. However, while buying a car, customers may have several questions on their mind. One of the most common dilemmas is choosing between a sedan and a hatchback.

A hatchback is a small-sized car that comes with a large boot space. It has no divide between the rear seats and cargo space allowing more storage. The rear seats in most hatchbacks can be folded which further gives you a larger storage space.

ADVANTAGES AND DISADVANTAGES OF HATCHBACKS

Hatchbacks have a higher resale value and a shorter bonnet making them easier to handle for learners and offers better fuel efficiency. The downside is that they generally lack in terms of engine power.

Venkat N, sales officer at a known car showroom chain, explains, "In Bengaluru the main problem is that everyone is tired of the traffic and to avoid that more than 65 percent people prefer to buy hatchbacks. We also get orders for sedans but only from people who already own hatchbacks for use in the city. New drivers commuting to workplaces are our major buyers."

According to Nandini, a customer who is looking to buy a hatchback, says, "The look of the car is an important factor to me, and I just love the look of hatchbacks, especially the one I am buying now. It has a sporty look, and I can drive this easily. Hatchbacks are just my kind of car."

WHY CONSIDER A HATCHBACK?

Practical: Hatchbacks are certainly more practical due to compact dimensions of the vehicle. They are easy to handle in busy city traffic and easy to park.

Easy to Learn: As hatchbacks have a shorter bonnet, drivers can have an easy look of the end point of the bonnet reducing the possibility of frontal collision. They are also easy to handle for learners.

Better Fuel Efficiency: Compared to Sedans, hatchbacks offer better fuel efficiency due to their lighter weight.

Larger Boot Space: The rear gate of a hatch is wide enough to easily keep considerable volume of luggage inside. Also, extra storage space can be accessed by folding the rear seats.

Resale Value: Hatchbacks are more in demand compared to sedans and SUVs in India.

Suitable for City Use: With a better fuel efficiency, lower maintenance cost, and larger space the car is more user friendly for daily use.

Less Expensive: Hatchbacks generally cost less than sedans and SUVs.

Flexibility: While many cars come standard with split-folding rear seats, and hatchback cars benefit from this setup with their superior interior design and volume. It gives more flexibility to carry cargo.

Superior Visibility: Since hatchbacks are comparatively more upright when compared to sedans, there's more glass area too. The driver can thereby see out of the car more easily thanks to bigger windows. One will even have a better view from the rear-view mirrors.

Finally, the choice to buy a hatchback also depends on the kind of experience the buyer is looking for. The average distance travelled, need for storage, and usability of the car are the key things to be considered while deciding which mode to opt for. Since there are many hatchbacks option in the market, it's important to do a bit of research and see which models are most appealing to the buyer.

Prepare your car for the monsoon

HERE ARE A FEW CAR CARE TIPS TO KEEP YOURSELF AND YOUR CAR SAFE DURING THE RAINS

Respedit.Bangalore
@timesgroup.com

PHOTOS: GETTY IMAGES

The rains have started and it's time to prepare your car for that drive while it's pouring. All major parts of your vehicle such as tyres, interiors, engine, and so on need extra care during this time. Here are a few things to keep in mind to ensure the safety of your vehicle.

One of the most important tools during rains is the wipers and washers, so, if you are planning to drive out in rain, make sure that your wiper blades are working fine. Ensure they are not causing any smudges on the windscreen. This can happen due to cracked rubber on the blade. So, in case they are causing smudges, lines, etc. get them changed immediately.

The brakes are another essential thing to check. Get your brakes checked out by a professional, ideally before the monsoon begins. Only properly working brakes can help you drive safely. While that is true even during normal driving conditions, the importance of well-maintained brakes is critical during rains.

Checking the paints is also important as issues with rubber seals and damaged coating could allow moisture to sneak in. This can lead to rust, so, make sure that there are no exposed metal areas on your car's body with a damaged paint coat. If you find any, get it fixed at the earliest. Also, check the car's underbody as well. This area of the car's body is prone to rust and corrosion due to the build-up of grime and dirt. So, it is essential to do a water service and a polishing.

The traction of tyres is compromised on wet roads, hence it is critical to make sure that the tread of your car's tyres is not worn out. Now, most of the tyres come with tread wear indicators, a rubber bridge across the longitudinal grooves of the tyre's tread pattern. It is important to replace the tyre if the tread reaches the same level as the TWI. If your vehicle's tyres don't have TWI then just use a ruler and check if the tread depth is 1.6 mm or more.

The interiors also need extra care, as there are chances of moisture seeping in. It is good to use newspapers on the carpet to absorb moisture and to keep the carpets clean. Wipe the seats regularly and use towels on them.

Visibility is a concern during heavy rains. It is important to make sure that all the lights of the car are in perfect working condition. Ensure the headlights, taillights, fog lights, brake lights, and indicators, are properly working, regardless of the weather. A pre-monsoon service is a good way of checking your vehicle and making it perfect for driving during the rains. Proper service can sort out all the issues you may miss or cannot rectify on your own. Also, opt for professional cleaning and polishing service to protect your car while on the roads.

MARUTI SUZUKI

NEXA

A NEW AGE OF BOLD TECH BEGINS.

CREATE. INSPIRE.

Scan the QR code to know how tech goes bold.

Also available Via subscription. Scan to know more.

THE NEW AGE

BALENO

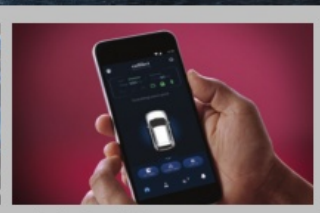
TECH GOES BOLD

360 View Camera

Head Up Display

22.86cm SmartPlay Pro+

6 Airbags


In-built Suzuki Connect

NEXA Safety Shield

- DUAL FRONT AIRBAGS
- ABS WITH EBD
- PEDESTRIAN PROTECTION COMPLIANCE
- COMPLIANT WITH -
  - FULL FRONTAL IMPACT
  - FRONTAL OFFSET IMPACT
  - SIDE IMPACT

Feature and accessories shown may not be part of standard fitment. Black glass shade on the vehicle is due to lighting effect. Images used are for illustration purposes only.

Contact us at
1800-200-[6392]
1800-102-[NEXA]
www.nexaexperience.com
NOW YOU CAN ALSO BOOK ONLINE

NORTH BANGALORE: **NEXA HEBBAL ORR** (VARUN MOTORS PVT. LTD. PH: 9513838777), **NEXA YELAHANKA** (MANDOVI MOTORS PVT. LTD. PH: 9916805500),
WEST BANGALORE: **NEXA NAGARBHAVI** (BIMAL AUTO AGENCY PH: 08030693069), **NEXA RAJAJINAGAR** (VARUN MOTORS PVT. LTD. PH: 8884000042),
NEXA RR NAGAR (KALYANI MOTORS PH: 9590990011), **EAST BANGALORE:** **NEXA ORR MARATHALLI** (BIMAL AUTO AGENCY PH: 08030693069),
NEXA BANASWADI (KALYANI MOTORS PH: 9845690733), **CENTRAL BANGALORE:** **NEXA MUSEUM ROAD** (PRATHAM MOTORS PH: 9880006006),
NEXA PALACE (MANDOVI MOTORS PH: 7022623068), **SOUTH BANGALORE:** **NEXA ELECTRONIC CITY** (SURAKSHAA CAR CARE PVT. LTD. PH: 80-25732229, 8884442229),
NEXA JP NAGAR (KALYANI MOTORS PH: 9590990011), **NEXA SARJAPUR ROAD** (PRATHAM MOTORS PH: 9008455550),
NEXA KORAMANGALA (KATARIA AUTOMOBILES PVT. LTD. PH: 8046837002), **TUMKUR:** **NEXA SIRA ROAD** (SAKETH AUTOMOBILES PH: 9900500051).

SMART FINANCE
AN ONLINE END-TO-END CAR FINANCE SOLUTION

Scan to know more.

- Multiple financiers
- Digital Document Upload
- Live Loan status
- Complete transparency (associated fees & charges)

*T&C apply. Offers may vary across variants. Maruti Suzuki reserves the right to withdraw offers at any point in time. Smart Finance available only in select cities.

Silt is still there

RAGHAVENDRA B PACCHAPUR

CONTINUED FROM PAGE 1

immediately before monsoon rains hit Bengaluru," he said.

Usually, the silt contains a lot of moisture. However, the soil near Gowdanakere Lake turned powder-like, which meant that it had been exposed to the Sun for a long time.

"The silt should not be kept in the vicinity of the lake for a long time as it contains many pollutants, and it would end up further polluting the lake. The BBMP should involve KSPCB scientists to be part of all lake rejuvenation; they need to intervene strategically at stages to provide inputs to rejuvenation. They need to test the silt and include the lake by default for periodic monitoring for water quality," added Pachhapur.

According to Pachhapur, a few days ago, when there was heavy rain, some of the silt had settled.

"The BBMP started clearing the silt post recent showers. However, it has not been done in full; the silt is still present there. I am concerned about the water quality in the lake. If things won't work on time, it can adversely affect the lake ecosystem," he further explained.

In the meantime, residents said garbage is also being dumped in the lake premises. They told BM that the lack of proper gates and fences guarding the area might have led to this.

Kiran S, a citizen living nearby, said, "The lake is in the process of being rejuvenated. However, dumping of garbage in the area has started taking place already. There should be proper gates and guards in place so that such activities do not take place," he said.

"BBMP should involve KSPCB; allow the board's scientists to be part of all lake rejuvenation. They need to intervene strategically at stages to provide critical inputs

Yunus Parwez, a consultant working with the BBMP to rejuvenate the lake, said the civic body is in the process of removing the silt.

"In the last few days, there was heavy rain and the silt got wet again. However, we have started taking out the silt again," said Parwez.

GIS mapping of commons

CONTINUED FROM PAGE 1

retired surveyors for surveying the BBMP's properties. "We have to first identify our properties, take possession, protect and finally develop those properties," he said.

36 parks being readied

Meanwhile, the city will get 36 new parks. According to Manohar, Bengaluru has 1,118 parks in its jurisdiction.

As a few parks are not maintained well and the residents have no clue about its maintenance, now the personnel are told to display boards indicating details of the contractors and officials who are responsible for maintenance.

"If the public is not happy with the maintenance, they can inform us. Hence, we have decided to install the boards in all the parks. Now, we are developing 36 new parks in the city. Most of these parks are being developed near lakes. Out of 36 parks, 22 will be thrown open to the public by August 15 and the rest by December," he added.

However, residents are not happy with the upkeep of many parks. "After restrictions, many Bengalureans are now heading to parks in the mornings and evenings. Most parks are in pretty bad shape.

The parks are not cleaned and weeds are not removed. When we go to parks to get fresh air, we end up with trash all over. For example, if you happen to visit the Mallasandra Pipeline Park, most spots have turned out to be garbage dumps. Everyone dumps garbage. With no other park in the vicinity, the walkers have no option but to close their nose and walk," said Sandhya R, a resident.

Sampath Kumar, who works in a private firm said, "Parks are kids' favourite haunts. However, in most parks, the equipment is broken and it is more of a hazard to kids' lives. Despite loss of life, the BBMP has failed to open its eyes."

Your Connect

education

DISTANCE EDUCATION

DIPLOMA in Student Counselling, 6 months, ONLINE CLASSES, Starts 12 July, WhatsApp 9886044221 darwinpsychologycentre.com

jobs

SITUATION VACANT

ACADEMIC

TEACHER

REQUIRED Head Mistress, Social, English for High School, Computer Science and PE Teacher. Royal Public School Jnanabharathi. Ph: 8867569333

ADMINISTRATION

MANAGERS

Income Generation.
Opportunity for Retired, VRS, Self Employed, Teachers, Homemakers Fixed Pay & Incentives.
Location:- Rajajinagar, R R Nagar,Pennya,HSR.
7411088997 / 8971384788

RENOWNED Nationalised Bank hiring Business Associates /Portfolio Managers WFH / flexi hrs. High income. age30-65. 9845335002 9108372855

MARKETING, ADVERTISING & SALES

SALES

WANTED EXPERIENCED SALES EXECUTIVES in Industrial Marketing & general assistant contact Amit Industries. 93413 30383, 97398 26852

WANTED Sales Executive & Spare Parts Asst. for a 2 Wheeler Showroom in Koramangala & JP Ngr, Sal + Ince. Ph: 9945083900, 9731028676.

MEDICAL

MEDICAL

BANGALORE BAPTIST HOSPITAL
Bellary Road, Hebbal, Bangalore - 560024
REQUIRES
PHARMACIST
D.Pharm/B.Pharm
Apply Immediately To :
DIRECTOR (CEO)
Ph:22024490/390
baptisthospitalhr@gmail.com
hr@bbh.org.in

OTHER VACANCIES

PART TIME JOBS

GLOBAL International India's No.1 Registered Co. Part-Time Job, M & F daily Income 8,000 to 12,000 PF & ESI. Call : 9513045046 / 7022770604

WORK FROM HOME

EARN 50000 PM Zero Investment free online training from Top Co fr Rtd officials/Bankers /CA/Housewives /Tax consultant Call: 9035060141, 9538820130

EARN 50000 PM Zero Investment free training fromTop Co for Rtd officials/ Bankers/CA/ Teacher/ Housewives /Tax Consultant Call: 8431495183

GOVERNMENT Recognised Data Entry Typing Work From Home, Daily Payment, No Target, No accuracy, With Govt Bond. For details M: 9742344447

ARE YOU A SENIOR CITIZEN? GOLDEN OPPORTUNITY TO EARN GOOD INCOME. PLEASE CALL: 9980343115 / 7676822629

real estate

BANGALORE PROPERTIES

BASAVANAGUDI

30X40, 40x60, 30x100, 50x80 Residential Sites for Sale in and around Basavanagudi.Also 40x60 Site in MICO Layout Call: Sathish Associates- 6361953540.

HENNUR

READY to Move in 2&3 BHK Nr Biozeen Hennur main Road 47.99L good facilities& Location A-Khatha, Vastu, Gym, jogging track, play area. 9632296279.

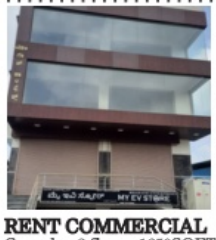
JP NAGAR

3BHK Ready2Move flat forsale in a prime location of JPNagar near Nandhini hotel. High-End quality Rs.79Lks+Reg. Call 9739702982, 9739703182

MULTIPLE LOCATIONS

WANTED JV for REPUTED Builder 60x40. 50x80,60x90 in Prime Location area Indiranagar, Koramangala, Kasturinagar, HRBR Layout Geniun Owners only Contact: 9035033379, 9980763355 8310868187

NAGARBHAVI



RENT COMMERCIAL
Complex 3 floors 1650SQFT Showroom Bank Hospital Office Magadi Main Road 9845035837

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor, and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111 / 9986482217
Email: ebenezer.winston@timesgroup.com
All digital payment solutions available

RAJAJI NAGAR

RENT @ Bashyam Circle, Rajajinagar Above More 2nd Flr,2000 Sqft with lift,Semi Furnished for Office,Software Etc.Call-9845023170,7619511439

SAHAKARA NAGAR

FOR-SALE A khatha 1860 Sqft 3BHK Flat in Century Chimes Apartment in Sahakarnagar, Near Aster Hospital Ph: 9900486759/ 9844470000

PROPERTY ANCILLARIES

SHOP FOR SALE

PVT Ltd Company for SALE Manufacturing College, School Desks, Library Bookracks and Library Equipments & all other Furniture. SALE OFFER. Rs.1.40 Cr. PH: 98457 88754

business

BUSINESS PROPOSALS

EXCELLENT opportunity from AAA rated MNC to work from home & earn more than a lakh with travel abroad opportunity. Age 25-75. Ct: 9845520530

personal

CHANGE OF NAME

I Prabhakara E S/O. Elloomalei Krishnappa Achari R/o 34, 7th Cross, Somasandrapalya, Keb Power Station, Hsr Layout, Bangalore 560102 have changed my name to Prabhakar E for all purposes.

WE, Vivek Agrawal S/o Brij Mohan Agrawal, aged 38 years & Dipti Agrawal w/o Vivek Agrawal, aged 37 years, both residing at Adithya Serene,104 B Block, New Temple Road, Nallurahalli,Bengaluru-560066 have changed our minor son's name from KUSH AGRAWAL(Old Name) to KEYANSH AGRAWAL (New Name), vide affidavit dated: 11.06.2022,sworn before Advocate & Notary, Anand Kumar.J, Bangalore.

I Syed Mohammad Arbaaz Farooqui S/O, Salma Sultana R/o 1867 38th A Cross 11th Main Rd Jaynagar 4th T Block Opp Green Feild have changed my name to Syed Mohammad Arbaaz for all purposes.

I Mangesh Desai S/O, Dilip Gajanan Desai R/o Orchid 120, Keerthi Riviera Annexe, 6th G Cross, Kaggadaspura, C V Raman Nagar, Bengaluru 560093 have changed my name to Mangesh Dilip Desai for all purposes vide affidavit IN-KA42120550753186U.

I, Kataria Nikesh Mukesh, R/o No.807, 1st Floor, 14th Main, 18th Cross, A Block, Sahakar Nagar, Bangalore -560 092 have changed my name from KATARIA NIKESH MUKESH to KATARIA NIKESH at Bengaluru.

I Bejoy George s/o George V X, staying at No.25, Valiaparambil House, Tharakans Cynefin, Near Christ Academy College, Hullahalli Village, Jigani Hobli, Sakalawara Post, bangalore 83. Have Changed myName to Antony Xavier V G

I,MANJULA Bangalore Shivakumar W/O Prabhakar V H R/O 257/A, 11thMain, 5th Cross, MilkColony, Malleswaram, Bangalore-55 After Marriage have changed my name to Manjula P H for all Purposes vide Affidavit dt 10/06/2022, sworn Bfr Notary C K Anupama

GALLERIA

RAMAN POLYTECHNIC
12, Magadi Main Road, Kamakshipalya,
(Near Sumanahalli Bus Stop) Bengaluru-560079
Mobile: 080-23488623, 23284817, 80500 66771, 63609 03500
Website: www.ramaneducation.org
♦ Civil ♦ Mechanical ♦ Electrical ♦ Electronics
♦ Computer Science ♦ Automobile
RAMAN P.U. COLLEGE
Science ♦ Commerce I CONTACT: 6360127984
RAMAN I.T.I. COLLEGE
♦ Fitter ♦ Electronic Mechanic ♦ Electrician
CALIFORNIA PUBLIC SCHOOL
ICSE & State Syllabus. Nursery to X std I CONTACT: 9481305504
RMN-22302

Underpass trio to sort out ORR bottlenecks

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

A series of underpasses are going to be constructed at Ullal and Annapoorneshwari Nagar main road junctions. This will ensure hassle-free travel on the Outer Ring Road (ORR) stretch between Magadi Road and Mysuru Road.

Chief Minister Basavaraj Bommai laid the foundation stone for these two grade separators along with RR Nagar Arch Junction on Sunday.

This comes as a relief to commuters as it will save quite a lot of travel time. Vibha R, a resident of Ullal, said, "When the ORR was constructed, one of the last stretches to be opened to traffic was the Magadi Road and Mysuru Road Junctions (A new Greenfield road connecting Sumanahalli and Nayandahalli by passing Kengeri was constructed after this ORR stretch to cut short the distance of the ORR). As this part of the city was not developed so much then, the BDA didn't plan to construct any underpasses till Kengeri. However, with increased traffic, these junctions turned out to be bigger bottlenecks. We would earlier cross the Magadi Road to Mysuru Road Junctions in less than 20 minutes but now the travel time has almost doubled. We have been hearing about Ullal Junction grade separators for the last few years. We hope that the project will pick up pace once the work starts."

For the commuters travellers on Mysuru Road, the RR Nagar Arch Junction is a major bottleneck. With the Bengaluru-Mysuru Road being converted into a 10-lane road (with four-lane service roads), the RR Nagar bottleneck will test the patience. CM Bommai laid the foundation stone for a grade separator at this T-junction as well. "The traffic at RR Nagar entrance worsened with the Metro work. Despite the Metro work being completed, the traffic pile up continues and during peak hours, the pile up stretches up to half a km. We hope that the underpass, if completed on time, will be a big relief for the travellers on Kengeri road," said S Shankar, a resident of RR Nagar.

Traffic relief for stretch between Magadi Road and Mysuru Road

The Ullal grade separator project has been pending for a few years now as it was mired in land acquisition and tree cutting issues. This junction is a crucial one on ORR as it connects Ullal with Bangalore University campus and ORR connecting Magadi and Mysuru Roads. Over the years, the traffic has increased so much that motorists have to wait for a long time to clear this junction. A senior BBMP official told Bangalore Mirror, "We planned to take up a grade separator at Ullal-Bangalore University-ORR junction. For construction of the subway, there was a requirement of the acquisition of land belonging to Bangalore University."

The Ullal Junction underpass is being constructed at a cost of Rs 32.84 crore and is likely to be completed in two years' time if the work progresses well. This four-lane underpass will be of 324.3 m in length and a total of 5,128.93 sq m of land is to be acquired from BU. Another key project is coming up at Annapoorneshwari Main Road Junction where the underpass will be built for a length of 496 m. This four-lane underpass is being taken up at a cost of Rs 29.16 crore and the entire project required 1, 2229 sq m (BDA and BWSSB) land and 2,986 sq m (private property).

A towering problem

Mobile tower in BMTC bus depot premises next to home at HRBR Layout is giving home-owners sleepless nights & radiation scare

Y Maheswara Reddy
c-maheswara.reddy
@timesgroup.com
TWEETS @BangaloreMIRROR

N Maneka, a resident of HRBR Layout 3rd Block, cannot invite her father over to her house. She doesn't dare do it because her father is a cancer patient, and a mobile tower looming too close to her home. The mobile tower has been such an impediment to Maneka's plans that she has been even unable to build two extra floors on her house as she had originally planned.

Maneka has been approaching all those connected with the installation of the mobile tower in Bangalore Metropolitan Transport Corporation (BMTC) Bus Depot No 10, but in vain.

"We are not able to have sound sleep at night due to the noise generated by the mobile tower. I want to invite my father, a cancer patient, to spend a few days at my house but cannot do so as I am worried it would have some effect on my father's health," said Maneka.

The mobile tower is said to have been installed in the north east corner of the bus depot seven years ago. Maneka claimed she was told the land was dug up to construct an overhead water tank. She said she was out of station for a few days and by the time she returned home, the mobile tower was already installed inside the depot premises just a few feet away from her house.

"We have stopped using one of the master bedrooms adjacent to the compound wall due to the sound generated from the mobile tower at night. We are also concerned about our health. I have been appealing to the BMTC authorities and the telecom service provider to relocate the mobile tower but in vain," said Maneka.

Maneka says the tower came up when she was out of station

She has complained to Bruhat Bengaluru Mahanagara Palike (BBMP) authorities, including the Chief Commissioner about the inconvenience being caused by the mobile tower. The Chief Commissioner has directed the Superintending Engineer of OFC to look into the matter. The Superintendent Engineer has informed Maneka that the BBMP did not give permission to install the mobile tower the BMTC Bus Depot. He has directed the Executive Engineer of Sarvagna Nagar to take action for removing the mobile tower as per the norms.

"The Superintending Engineer of OFC Department wrote the letter to the Executive Engineer of Sarvagna Nagar to take action as per law on March 11, 2022. It is shocking to see that no action was initiated even after three months," she said. She has also approached the Bengaluru Electricity Supply Company Limited (Bescom) to disconnect power supply to the mobile tower installed in the premises of BMTC Bus Depot.

> **We have stopped using one of the bedrooms adjacent to the compound wall due to the sound generating from the mobile tower at night**
>
> –N Maneka, home owner

Help on the way?

The Bescom Chief Engineer (C,O&M), BMAZ-North, directed Superintending Engineer (Elec) of East Circle on March 11, 2022, to inspect the location and examine the issue and initiate necessary action as per KERC/Bescom norms and intimate the complainant appropriately with a copy to the office within 15 days from the date of receipt of the letter.

"I have not received any information on this issue from the Bescom Superintending Engineer till date," she said.

When BM pointed this out to BMTC Chief Traffic Manager (Commercial) Sriram Mulkavan, he said the complainant had sent a legal notice to the BMTC on this issue. "I will try my best to help the complainant. I also try to convince the telecom service provider to relocate the mobile tower," said the BMTC Chief Traffic Manager (Commercial).

3 icon players get full price at GPBL auction

As many as three out of eight icon players - Mithun Manjunath, Prakash Raj and Sai Pratheek fetched their maximum cap price of Rs 3.5 lakh each in the auction held for the inaugural edition of the Grand Prix Badminton League (GPBL) to be held from July 1 to 10 at the Karnataka Badminton Association.

Mithun Manjunath

Prakash Raj

Sai Pratheek

Mithun was picked up by Malnad Falcons while Sai Pratheek was purchased by Mandya Bulls in draw of lots after four teams bid for the player and Prakash was bought by KGF Wolves at the top price.

The other icon players who went under the hammer were Saneeth Dayanand (Kodagu Tigers - Rs 2.6 lakh), Daniel Farid (Bandipur Tuskers - Rs 3.1 lakh), Raghu Mariswamy (Mangaluru Sharks - Rs 3.3 Lakhs), Tanya Hemanth (Mysore Panthers - Rs 3.2 lakh) and Janani Ananthkumar (Bengaluru Lions - Rs 2.5 lakh). —IANS

Death threats to actress Anushka Shetty's brother

A petition has been submitted to Karnataka Home Minister to provide security and legal action in connection with death threats to multilingual actress Anushka Shetty's brother Gunaranjan Shetty.

The members of Jayakarnataka Janapara Vedike run by Gunaranjan Shetty have submitted a petition to Home Minister Araga Jnanendra on Sunday, seeking protection and legal action.

The members have alleged that the death threats are issued by friends-turned-foes Manvit Rai and Rakesh Malli.

Gunaranjan Shetty, Manvit Rai and Rakesh Malli worked for reformed don Muttappa Rai, after whose death, they separated.

Gunaranjan Shetty, brother of actress Anushka Shetty, had identified with the close circles of late don Muttappa Rai. He has become popular in Mangaluru and Bengaluru.

Choking manholes cause sewage spill in Kumbarpet

BWSSB claims residents dump plastic in loos that clogs drains

Y Maheswara Reddy
c-maheswara.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

This is the condition of roads and lanes at Kumbarpet Cross near KR Market due to clogged drains and overflowing sewage. It has affected businesses and made life here an unpleasant experience

Residents and businessmen on Kumbarpet Cross near KR Market are finding it difficult to walk on the road due to sewage overflowing from manholes.

While the businessmen are concerned about the decrease in footfall, residents are worried about their children's health due to unhygienic conditions.

They reported that the roads are flooded with rainwater during monsoon and sewage water in winter as well as summer.

"We are not able to walk on the road due to the overflow of sewage from manholes. We have been complaining to the Bangalore Water Supply and Sewerage Board (BWSSB) engineer but nothing has been done to find a permanent solution," said Champaram D, a businessman.

Jagadeesh P of Patel Handicrafts has said that most of the businessmen are incurring losses due to the decrease in footfall.

"Which customer wants to risk his health by walking on this road where sewage continues to flow? I had approached the BWSSB engineer, requesting him to clear the choked manholes. While he promised to tend to the problem, he never turned up. It will be better if a permanent solution is found to this problem," said Jagadeesh.

A few customers have complained about the unsanitary situation at most of the cross roads in Kumbarpet. They said that they have to be extra cautious while walking on these roads, in addition to keeping an eye out for speeding two-wheelers.

"Most of the cross roads are narrow. Overflowing sewage from manholes is a nuisance for us. I hope the BWSSB authorities do something to resolve this," said Komal S, a customer.

> **"We found plenty of plastic while clearing manholes. The residents have to be responsible and they should not dump plastic in commodes**
>
> – BWSSB assistant EE

Meanwhile, BWSSB assistant engineer said that the manholes are choked due to dumping of plastic by irresponsible residents. The assistant executive engineer has said that he has already informed the residents and businessmen not to dump plastic in sanitary commodes.

"We found plenty of plastic while clearing manholes. The residents have to be responsible and they should not dump plastic in sanitary commodes. We have to distribute pamphlets among the residents to create awareness, asking them not to throw plastic into manholes and sanitary commodes to avoid clogging," said the BWSSB assistant executive engineer.

As govt reads the fine print, schools say books yet to reach

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

Primary and Secondary Education Minister BC Nagesh has clarified that fresh set of textbooks will not be printed.

He said that his department has ordered the re-printing of only a few papers to replace the 'objectionable content' flagged by experts.

"We have already taken the decision to supply the revised textbooks to schools. We have received a few objections here and there which will be taken into consideration," he said. Meanwhile, government officials claimed that the textbooks are now being sent to schools as most of the schools were using their uploaded versions.

However, Associated Managements of Primary and Secondary Schools in Karnataka general secretary D Shashi Kumar said, "We have not received 30 textbooks. The statements that textbooks are being distributed to schools is an eyewash as the textbooks have been sent from printing to warehouses. The schools are yet to get it and it may take a few more weeks before we get the physical textbooks."

Recognised Unaided Private Schools Association (RUPSA) President Lokesh Talikote said that the whole process of textbook revision has completely dented the image of the state as an educational hub.

"There used to be sanctity and respect towards textbooks. Universally acceptable chapters were chosen. There used to be 180 experts as members for the textbook revision committee earlier. Each subject, lesson is carefully dealt with by experts. The ruling BJP with 9 to 10 members committee got the revisions done. It

is impossible for such a committee to revise 160 to 170 chapters," he explained.

The BJP government has constituted the textbook revision committee under the Chairmanship of Rohith Chakrathirtha to revise Kannada textbooks of Class 1 to 10. The committee also revised Social Science textbooks of Class 6 to 10.

Minister Nagesh maintains that the Opposition and commotion is "due to the inclusion of the speech of RSS founder KB Hedgewar in the syllabus". He also said that the opposition is also due to "dropping glorification of Muslim kings" including Tipu Sultan. The revision exercise gives due respect to the culture and religion of the land, which is not tolerated by 'leftists' and Opposition parties, he alleged.

Nagesh later announced that the revised lesson of History textbook of II PUC (Pre-University Colleges) by the Chakrathirtha committee would not be accepted to pacify the dissenting voices. RUPSA President Talikote has given a call to private school managements to choose books of their choice. "Out of 1.6 crore children studying in schools in Karnataka between Class 1 and 10, more than 50 lakh children study in private institutions and they won't read the revised textbooks," he said.

(With inputs from agencies)

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Clean-up requested

Shakambari Nagar

These bags filled with waste are lying untouched for 3-4 months now. The BBMP is requested to clear the same urgently at Ward number 179, Shakambari Nagar, opposite Bank of Baroda ATM.

Fix the pothole

Kempegowda Nagar

A big pothole near the manhole on 5th Main Road, Kempegowda Nagar, Behind More Mega Store needs to be fixed.

In the dark

Sadashivanagar

Please fix the streetlight in Aranmane ward, Sadashivanagar, Lowe Park. The bulb fused out 20 days ago and those of us who go to exercise at 5:20 am are facing problems.

Going in dark circles

Here's what's causing (or worsening) racoon eyes

Ria Bhatia
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

As life happens, the occurrence (and recurrence) of skincare concerns is normal. There's seldom a way to escape these (unless you have fictional porcelain skin, of course) and so, we've got to make peace a.k.a figure our way through them. Acne, tan, sunburns, open pores, blackheads, wrinkles and fine lines are some common skin situations that you cannot elude. One such case is that of dark circles and under eye bags that occur gradually (but we don't tend to pay heed initially) and no matter what the reason, they seem to become like second skin, under the eyes. It's not just pigmentation in that particular area, but it's also the unevenness that it brings to our face. Much to your surprise, it's actually possible to curtail their augmentation if you identify the causes at early stages and course-correct there and then. Listing down a few common causes of the pesky dark circles.

Lack Of Sleep

Modern life's ultimate truth – we're always sleep-deprived. Besides leaving you craving for endless cups of coffee in a day, it's secretly damaging the fine-boned skin under your eyes. "Blood vessels dilate when you don't get enough sleep at night. This increases blood flow, and because the skin under your eyes is thinner, the dark tint caused by the increased volume of blood is more visible in your under eye area," explains Dr Niketa Sonavane, celebrity dermatologist and founder, Ambrosia Aesthetics. "Inadequate sleep may also cause fluid to accumulate beneath your eyes, making them puffy. It's possible that the dark circles you're seeing are shadows cast by puffy eyelids," she adds.

Dehydration

How many times a day does your mother remind you to sip on some H2O? Well, there are more reasons to do so than you think. If you love healthy-looking skin, that's reason enough to keep hydrated. In case of dehydration, "The skin beneath your eyes becomes dull and your eyes appear sunken. This is because the eyes are so close to the underlying bone. Additionally, the area under the eyes is also extremely prone to dehydration, which can darken the skin and make dark circles more visible," reveals Dr Niketa.

Genes

Well, good or bad, genes are genes. One of the causes that may be resistant to all your efforts, you can't really do much about them. "You may have inherited allergies that cause inflammation and dilate the vessels under your eyes, resulting in the dark appearance," cites Dr Niketa. Your skin tone may have an influence too, "Blood vessels may be more visible in people with fairer, thinner skin, especially under the eyes, and can give the area a blue or purple hue," she adds.

Sun Exposure

Yep, the biggest enemy of our skin of all times, sun damage is real and doesn't spare a speck on your face – your pigmented under eyes are a testament. "Sunlight can also cause dark circles under the eyes. Brownish pigments (excess melanin) in the skin of the lower eyelid cause pigmented dark circles," believes Dr Niketa who, which is why, suggests wearing sunglasses with UV 400 protection and the use of a well-formulated sunscreen are the ideal combination for preventing dark circles, wrinkles, and sagging.

Allergies

Allergies are real and those who face it (be it any kind and type of allergy) know the repercussions of it! "Sinus congestion causes congestion in the small veins under your eyes. Blood pools under your eyes, causing swollen veins to dilate and darken, resulting in dark circles and puffiness. In addition, when you have allergies, your body produces histamines to combat the allergens. Histamine is what causes your eyes to itch and water. You naturally rub your eyes, which in turn causes inflammation and periorbital pigmentation," explains Dr Niketa.

Stress

Who's been able to dodge the stress? Literally, no one. "When you are stressed, blood is directed to other parts of your body, except the face, which appears pale. This makes the blood vessels beneath your eyes more visible, eventually giving rise to dark circles," tells Dr Niketa. Getting into the details, "Cortisol levels raise in stressful periods, which increases the appearance and intensity of puffiness and bags under the eyes. Constant strain on the eyes can also break or leak blood from the fragile capillaries around the eyes," mentions Dr Niketa.

Health Issues

"Anemia, or a lack of iron, can cause dark eye circles because not enough oxygen reaches the body's tissues. Any medication that causes blood vessels to dilate can cause darkening of the eye circles," invokes Dr Niketa.

MIRRORLIGHTS

5 habits that will help you improve your focus

In modern society, the most expensive currency you can own is deep focus. Between social media addiction, entertainment overdose and an information surplus, most people have a fragmented attention nowadays. The few who can protect themselves from the abundance of content thrive in every area of their life – be it career, health or relationships. If you want to improve your focus, here are five things that will help:

Get Enough Sleep

Sleep deprivation has been linked with a lower attention span. If you want to be focused during the day, make sure to pack in a good eight hours of sleep every night. It will recharge your mind like nothing else.

Meditate

There are so many distractions in the modern world that we've become incapable of being still. Meditation can help bring that stillness back. It stops mental chatter and gets you to focus on the present moment.

Resist Distractions

We live in a social media obsessed

world where advertisers are constantly fighting for our attention. The internet is full of distractions and if you do not practice self-restraint, it is very easy to get hooked.

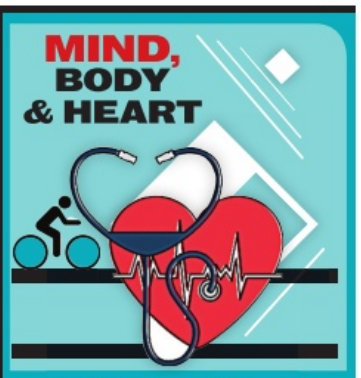
Solve Brain Puzzles

The brain, like any other muscle in your body, needs to be exercised if you want to be strong and healthy. This can be done by solving puzzles and riddles. Sudoku, scrabble, sagrada and the rubik's cube are some good examples.

Exercise

Exercise improves the flow of blood to your brain and enhances its functions. It also releases dopamine in your body – a hormone that makes you happy and present in the moment.

—Ritu Ailani



All problems solved

Dear Coleen

I recently found out that my fiance has been exchanging texts with his ex-girlfriend. The messages I saw were innocent enough, discussing their group of friends from university and an upcoming reunion that's planned for this summer. But what really bugs me is he didn't tell me about these conversations or even mention they'd been in touch. He says as they're part of the same friendship group, he wants to keep things civil, but has agreed to stop the private messaging and just message the bigger group. When I asked him why he hadn't mentioned the texts, he said he guessed they might upset me, so thought it was better not to say anything at all. I don't know if I'm overreacting, but I hate that he's hidden this from me. Do you think I'm making too much of this?

COLEEN SAYS

Well, I think you have to explain to him that deliberately hiding things from you makes you question whether you can trust him, and trust is everything in a relationship. It's the secrecy around it that's the problem, not the fact they texted each other. However, I think you should give him the benefit of the doubt this time – in his mind they're only chatting about their friends and the reunion, and he didn't want you to get the wrong end of the stick, so he didn't mention it. But explain to him that if he'd told you he'd been in touch with his ex, you might have been a bit irritated, but wouldn't have been left questioning your entire relationship! The other thing to consider is that your boyfriend might be an innocent party in this text exchange, but his ex might have other motives, so it's probably a good idea for them to stick to messaging in the wider group about arrangements for the reunion."

—Coleen Nolan, Daily Mirror

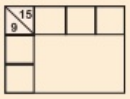
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

SOLVE IT IN A MINUTE

(8^10+8^10)/8^8=2^x
x = ?

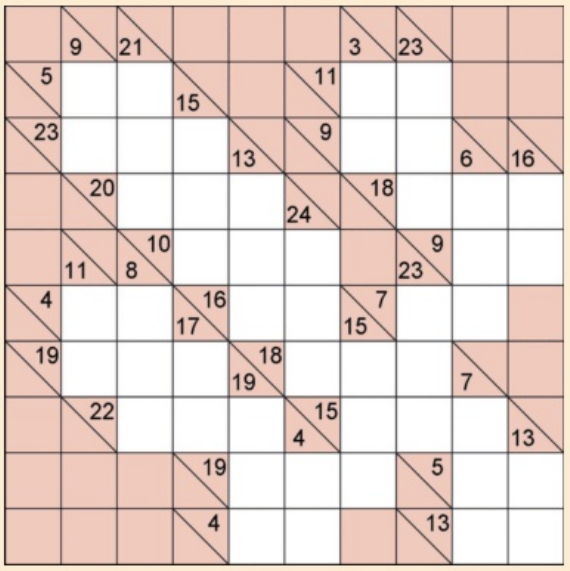
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

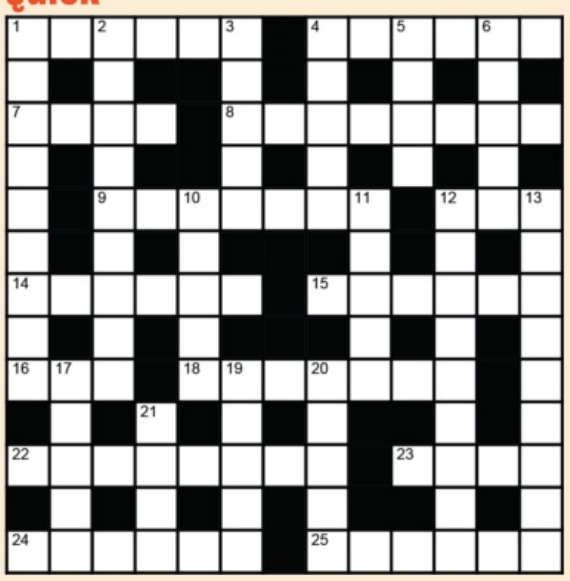


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Self-serve meal (6)
4 Waltz performer (6)
7 Records events (4)
8 Put out again–"sure side" anagram? (8)
9 Hoydens (7)
12 Cash source? (3)
14 Highly esteemed (6)
15 Long narrow hill-tops (6)
16 Capture or arrest (3)
18 Alarm (7)
22 Postponed (8)
23 Greek goddess of the earth (4)
24 Stage whispers (6)
25 Takes pleasure in (6)

DOWN

1 Amusement park and recreation centre in Cubbon Park (3,6)
2 Fincher & Palahniuk's classic (5,4)
3 Beat (5)
4 Milk supplier (5)
5 Olfactory organ (4)
6 Choose by ballot (5)
10 ___ the case : is adequate (5)
11 Be niggardly with (5)
12 Total (9)
13 Behaves badly towards (9)
17 Helps a felon (5)
19 Grows weary (5)
20 Golfing trophy: ___ Cup (5)
21 Repair or darn (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS H

TIL NIL PTMFEQ CSZCO MZC OP NILLFC HLFA KC.

Linemaro

I love the femme fatale look in your eyes

Mindchow

If you are weak, you get pity; jealousy you have to earn

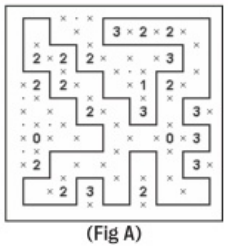
Joke of the day

Insurance So Sorry Law: Your insurance will cover everything but what has happened

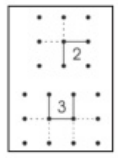
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

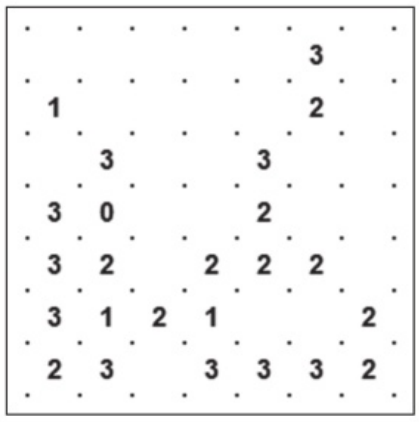


(Fig B) Not Allowed

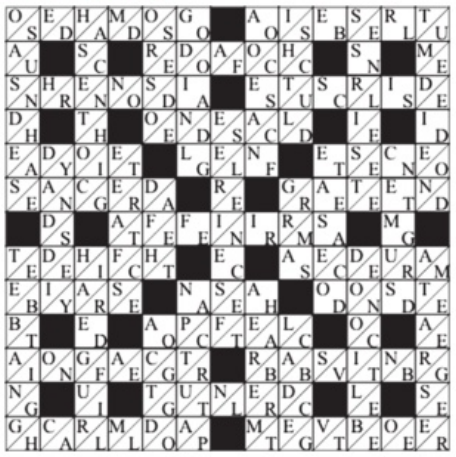
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



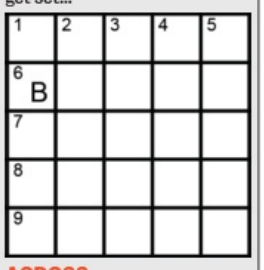
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Lam up; 6 Boner; 7 Blear; 8 Hi tec; 9 So Hug

DOWN

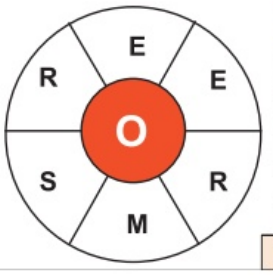
1 Babes; 2 Mo lot; 3 Rah up; 4 Ruing; 5 Cheel

Mensapuzzle

Insert arithmetical signs between these numbers to make the equation correct:

18 2 9 24 5 = 100

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

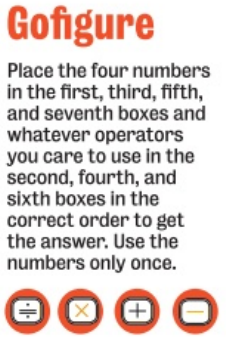
SudokuChallenge

7	3	8				1		
	5			4				
2			1	6	7			
						5		6
	4	1		5		8	2	
9		5						
			3	7	4			2
				8			4	
		7				9	1	3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 17
6 7 7 9

Medium = 12
2 3 6 7

Hard = 25
3 5 6 4

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Railing is different. 2. Handle is added to lunch box. 3. Sleeve is rolled up. 4. Leak is moved. 5. Pipe is thinner. 6. Bite is missing from sandwich.

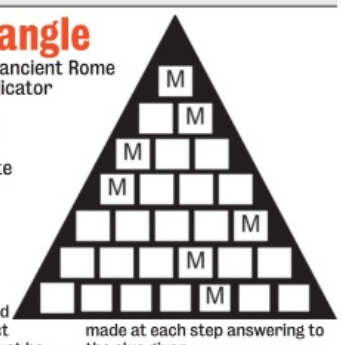
Riddler

Your task here is to change one letter in each of the following words, in order to find six (6) words with a common theme.

Fig Must Hind Slow Smug Mail

Alpha triangle

1 Ten x Hundred in ancient Rome
2 Morning hour indicator
3 Apple product
4 Ceremonial staff
5 Dairy product
6 Russian battle site
7 Made of clay

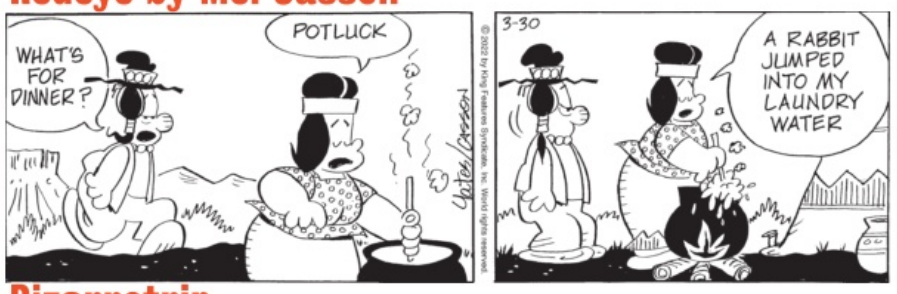


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



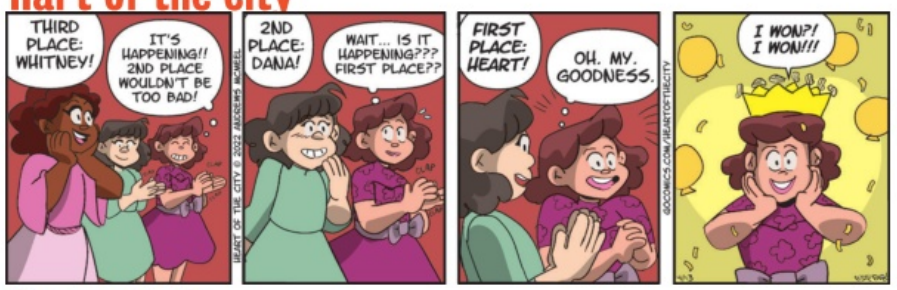
Bizarrotrip

I'm going to another surgeon to see if it can be reversed.
Wayno & Piraro 4-9-22
©2022 BIZARRO STUDIOS
Dist. by King Features
BIZARRO.COM

Diamond Lil

I JUST JOINED A NEW CLUB
IT'S CALLED THE LOYAL ORDER OF ZOOM CALLERS
WHAT DOES THE CLUB DO?
BRADY BUNCH OPENING CREDITS REENACTMENTS
©2022 creators.com 4/9
www.creators.com

Hart of the city


THIRD PLACE: WHITNEY!
IT'S HAPPENING!! 2ND PLACE WOULDN'T BE TOO BAD!
2ND PLACE: DANA!
WAIT... IS IT HAPPENING??? FIRST PLACE??
FIRST PLACE: HEART!
OH. MY. GOODNESS.
I WON!? I WON!!!
HEART OF THE CITY © 2022 ANDREWS MCMEEL
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
The moon is on your side today and you may make new business plans. Colleagues are likely to support your plans. You could recover money from your clients, which may boost liquidity in business. Depressive spells after late-evening can affect your sleep.

Taurus Apr 21 – May 20
Today you have control over opponents and hidden enemies. Decisions in legal matters may be made in your favour. Your seniors may be happy because of your hard work. Promotions could be on the table. Singles may find their soulmate.

Gemini May 21 – Jun 21
Expect to feel happy today. You may buy creative items that can improve your lifestyle. You may also spend money on your friends and family members. It is a good time to invest in assets. Singles may find a good match. Lovebirds will enjoy important moments.

Cancer Jun 22 – July 23
You could be in search of peace of mind today. The moon's blessings should help you focus on yourself. Avoid investing in property and other assets. You may have happy moments in your domestic life, but avoid arrogance and ego with your spouse. Disputes with business partners are likely to be resolved.

Leo Jul 24 – Aug 23
Remember to be polite to people around you today. Many problems are likely to be resolved with your way of speaking. There may be some control between savings and expenditure, which may boost the former. You may spend on buying some creative items to renovate your house.

Virgo Aug 24 – Sep 23
Today you are advised to control your way of speaking with the family as it could impact domestic harmony. You could find yourself spending hard-earned money on items that do not hold value in order to maintain your social status. You may face problems related to ears, teeth, and throat.

Libra Sep 24 – Oct 22
With good health and vitality, today should be a good day for you. Work and domestic life will run smoothly. Healthy partnerships will give you benefits in terms of business. Job seekers will find suitable work. Lovebirds should avoid talking about self-respect issues.

Scorpio Oct 23 – Nov 22
Negative thoughts could plague your mind today. Impatient nature and arrogance will push you back from making tough decisions. Guidance from elders will help you to grow on the work-front. You should avoid making investments in dead assets. Lovebirds should avoid talking about bad moments.

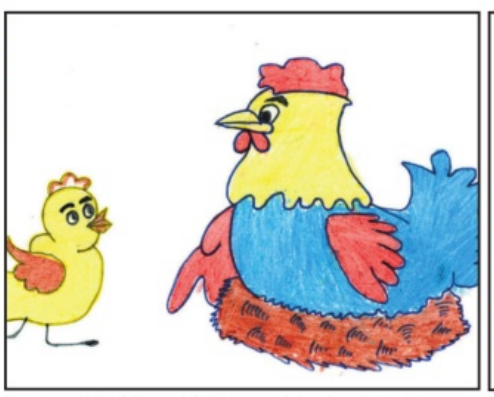
Sagittarius Nov 23 – Dec 22
Today you must control your way of speaking and be careful of hidden enemies. You could be a victim of conspiracy. It is advised to avoid making investments in risky assets. You must avoid lending money to anyone. It may not be easily recoverable. Meditation and yoga will help you deal with stress.

Capricorn Dec 23 – Jan 20
You are in a position to win today, so opponents should back off. Stuck money is likely to be recovered. You are likely to perform your best at work. It is a good day for lovebirds and singles to make decisions in terms of marriage.

Aquarius Jan 21 – Feb 19
Today is a good day for you as last week's crunch is over. You may re-start postponed projects. You could be rewarded for your confidence, which will boost self-confidence. Gains in your business may boost finances. Those in fields related to export and import, fashion, dairy products are likely to do better.

Pisces Feb 20 – Mar 20
Health issues could leave you feeling dull today. Overworking your mind will tire you out. It may affect your domestic harmony. You may be late to social or family get-togethers. Losses may take place in business. Avoid investing in new ventures. Lovebirds should avoid controversies.

KIDZONE



Keerthana H M, 10 Years, A S Kupparaju & Brothers Vidhyaniketan

Meghana S, 11 Yeras, Navodaya Vidya Nikethana English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=>(2*8*10)/8*8=2^x
=>2*8*(10-8)=2^x
=>2*8*2=2^x
=>2^(2*3)=2^x
=>2^7=2^x
=>x=7

QUOTE UNCODE
Man can embody truth but he cannot know it.

FAST FIVE

A	M	P	U	L
B	O	R	N	E
B	L	A	R	E
E	T	H	I	C
S	O	U	G	H

BULL'S EYE
more, REMORSE, rose, some, sore, sorer

STRIKE OUT

S	E	A	D	D	O	G		O	S	B	E	R	T	
A		C		R	O	A	C	H		N		E		
S	H	E	N	S	I		E	U	C	L	I	D		
H		T		O	N	E	A	L		I		D		
E	D	I	T		T		G	E	N		E	S	N	E
S	A	C	R	A		R		R	A	T	E	D		
D		A	F	F	I	R	M	S		G				
E	D	I	C	T		E	S	E	D	U	M			
B	Y	R	E		A	S	H		D	O	S	E		
B		E		O	C	T	A	L		C		A		
I	N	F	E	C	T		R	A	V	I	N	G		
N		U		T	U	N	E	D		L		E		
G	A	L	L	O	P		M	E	T	E	O	R		

QUICK

A	S	I	D	E	S		R	E	V	E	L	S		
T		N		E		E			T			T		
D	E	F	E	R	R	E	D		G	A	I	A		
B		M		I		Y		G		E				
N	A	B		S	T	A	R	T	L	E		R		
A		U		T		N		R		T				
V	A	L	U	E	D		R	I	D	G	E	S		
A		C		E		T		G		I				
H		T	O	M	B	O	Y	S		A	T	M		
B		H		O		R		E		C				
L	O	G	S		R	E	I	S	S	U	E	D		
A		I		H		A		O		L				
B	U	F	F	E	T		D	A	N	C	E	R		

MENSA PUZZLE
18 ÷ 2 x 9 + 24 – 5 =100

RIDDLER
Fig --> Fog, Must --> Mist, Hind --> Wind, Slow --> Snow, Smug --> Smog, Mail --> Hail. Weather conditions is the common theme.

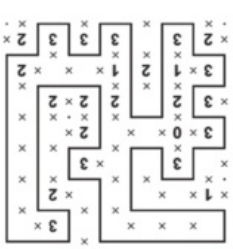
SUDOKU

4	8	7	6	2	5	9	1	3
6	2	3	9	8	1	7	4	5
5	1	9	3	7	4	6	8	2
9	6	5	2	3	8	4	7	1
3	4	1	7	5	6	8	2	9
8	7	2	4	1	9	5	3	6
2	9	4	1	6	7	3	5	8
1	5	6	8	4	3	2	9	7
7	3	8	5	9	2	1	6	4

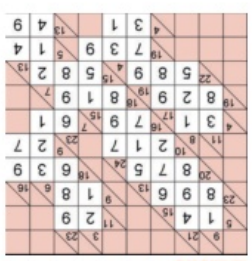
ALPHA TRIANGLE
M, AM, Mac, Mace, Cream, Crimea, Ceramic.

GO FIGURE
Easy
9 + 7 – 6 + 7 = 17
Medium
6 + 7 – 3 + 2 = 12
Hard
6 – 4 + 3 x 5 = 25

LOOP



KAKURO



Volume No 15, Issue No 254 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

The star rises...

Despite tough illnesses and sometimes life-threatening conditions

Celebrities are very cautious when it comes to their fitness and health. No matter how hectic their schedule is, they never miss out on their workouts and fitness regime. But they too fall ill and sometimes even battle serious health issues. Today, we take a look at stars who fought deadly diseases and came out victorious! **-ETimes**

Sonali Bendre

Sonali Bendre shocked everyone after she announced on social media that she was diagnosed with high grade cancer in 2018 that has metastasised. The actress had jetted off to New York for treatment. After giving a fight to the illness, she is back in India. Sonali is seen motivating her fans and other cancer survivors through her social media posts.

Amitabh Bachchan

Amitabh Bachchan is rightly known as the Shahensha of Bollywood. It came as a huge shock to all his fans across the nation when the megastar ruptured his spleen during the shooting of 'Coolie'. The injury was so serious that he was reportedly announced dead clinically. However, the prayers of millions of his fans did not go unanswered.

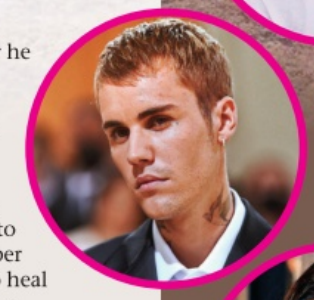
The actor recovered and he even resumed shooting after a year.

Salman Khan

Salman Khan had once opened up about his health issue in 2001. The actor reportedly suffers from a facial nerve disorder, called Trigeminal neuralgia. The disorder occurs due to the inflammation of the trigeminal nerve in the face. And this inflammation can cause intense pain. The pain can be so severe that the disease often causes depression in patients. He had also shared that at one point he felt suicidal. However, he channelled his energies and worked harder.

Justin Bieber

Singer Justin Bieber shocked one and all after he revealed that he has been diagnosed with a rare disorder that has paralysed half of his face. The 'Baby' star said he is suffering from Ramsay Hunt syndrome which causes facial paralysis and affects nerves in the face through a shingles outbreak. Due to this, he announced he was cancelling tours in Toronto and Washington DC until he gets better. Bieber added that he's unsure how long he'll take to heal and urged his fans to keep him in their prayers.



Lisa Ray

Actress Lisa Ray has never shied away from talking about her battle with cancer. She was diagnosed with myeloma, a rare type of cancer of the bone marrow in 2009. The actress fought with the illness and was declared cancer-free, after a stem cell transplant. Lisa is married to Jason Dehni. The couple welcomed twin daughters Soleil and Sufi via surrogacy in 2018.

Hrithik Roshan

Hrithik Roshan suffered from a chronic subdural haematoma, a type of haematoma, usually associated with traumatic brain injury. The superstar was treated for the same at a hospital in Mumbai. He even underwent successful brain surgery to remove a clot that developed from head injuries suffered during filming. When Hrithik was 21, he was also diagnosed with scoliosis, a condition where the spinal cord gets curved.

Samantha Ruth Prabhu

Samantha Ruth Prabhu is known as much for her beauty as for her acting prowess. The actress once suffered from PLE or Polymorphous Light Eruption. This is a skin condition where due to sunlight a person starts feeling itchy and it leads to pain. It is said that this usually happens to those having fair skin. However, Samantha has now successfully recovered from the same.

Sneha Ullal

The 'Lucky: No Time For Love' actress Sneha Ullal had shared in the past that she suffered from an autoimmune disorder. She said, "I was diagnosed with an 'auto immune disorder'. It's a blood-related illness where my immune system kept me unwell. So my body would become so weak that I would not be able to stand on my feet for more than 30 to 40 minutes and because I kept shooting, it got worse. That's when I had to stop and start my medication..."

A reality show in UK that scared Shilpa

In 2007, Shilpa participated in a UK reality show which included 14 celebrities. Battling all odds, Shilpa emerged as the ultimate winner of the show. During an interview with a news portal, Shilpa Shetty revealed why she was scared of doing an international reality show.

The actress revealed that when she saw a couple of episodes and got scared with what she saw. She said that she is not going to do all of this and her contract was kept very watertight.

The actress also went on to say that she thought she would get eliminated in the second week of the reality show. The actress said that she will get eliminated in the second week. But every week she would be nominated and she would get saved.

The actress added that she won the reality show because she received a lot of support from the South Asian community in the United Kingdom (UK).

Elsa takes fitness tips from hubby

Actress Elsa Pataky "worked really hard" to get in shape for "Interceptor".

The 45-year-old actress has upped her workouts in recent months after pushing herself hard to be in peak physical condition for her role as soldier JJ Collins in the new action film, reports aceshowbiz.com. "I've been always been really into fitness. I like doing gym or yoga, either the gym or just at home, whatever I have," Pataky, who has always been "really into fitness," said.

"I've been doing more lately, because I worked really hard for the movie to just get really strong. I really felt all the changes in my body. The weights really tone your muscles and your body to keep everything strong." She admitted getting older has taken a toll on her body. Pataky told Australia's Marie Claire magazine, "With age, everything feels like (shrugs)... it's gravity. Turn that gravity off!" And the Spanish star knows hitting the gym will always make her feel good. She added: "I love the endorphins. Even when I'm in a low energy, working out gives me that power to just go through the day."